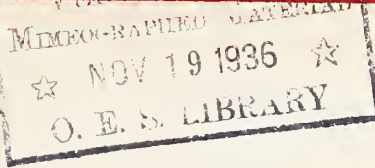


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GREEN AND YELLOW VEGETABLES

All this month and next, both pumpkins and their close relatives, the squashes, particularly the Hubbard and other winter varieties which keep well, will be frequently on the menu in pies or as a baked vegetable, contributing their quota of vitamin A to the diet.

One of the many discoveries about foods in the last few years has to do with the coloring. In green leaves and stems of plants and in the yellow roots and fruits is a yellow pigment called carotene. In the animal body, carotene turns to vitamin A. Cows that have had good green pasture and good hay give milk rich in vitamin A. Egg yolks are richer in vitamin A when hens have plenty of green foods. When human beings eat green or yellow vegetables and certain red ones, they get carotene which is changed to vitamin A in the liver. When they drink milk or eat eggs or butter or liver they get vitamin A made from the green food eaten by the animal.

The green and yellow vegetables also furnish other vitamins, several minerals, and bulk. They are for the most part alkaline forming. One of their important functions is to supply vitamin A. Carrots are among the best of all the yellow vegetables for carotene and hence vitamin A. Squash comes next, then pumpkin and yellow turnips. Among the leafy vegetables, the greener they are, the more carotene. New green cabbage, collards, turnip greens, and the peppers are all good vegetables for vitamin A. In _____ (State) with good management on a good garden plan, _____ (storage or year-round gardening) will assure a good supply for most of the winter.

